

Allen R. Baca Center 301 W. Bagdad, Bldg 2 Round Rock, TX 78664 512,218,5499

Baca Staff

Supervisor Deborah McRoberts

Program Coordinator Dawn Moonan

Office Manager Carol Isaacks

Admin. Tech Randi Bartleson

Recreation Leaders Donna Bethke Robert Ray

Bus Driver Bill Byars

Custodian Charles Jackson

Round Rock Parks and Recreation

Mission: People dedicated & empowered to create a positive and memorable experience in people's lives.

Vision: An active, vibrant & beautiful city with a diversified and quality parks and recreation system that produces economic, health, & social benefits for the entire community.

Senior Moments at Baca

Volume 1, Issue 2

May/June 2009

Membership Reminders

Membership at Baca is a privilege we should all take advantage of. For a nominal fee, your membership entitles you to all the magnificent programs Baca has to offer. It offers opportunity for socialization, recreation, and education.

Remember a current membership card or a day fee is required to participate in our programs or use the weight room.

Check your card for your expiration date and help support Baca because we're the Best!



WINNERS of the Senior Games will be posted in the Baca lobby. Make sure you congratulate our WINNERSI THANK YOU to all of our game volunteers!

If you have suggestions or comments for next year's games, drop us a note in the suggestion box or speak with one of our staff members.

Wellness Corner—Loser Update

The Baca Center has another hefty update on the Biggest Loser contest with a total of 115.75 lbs & 28.75" lost in 4 months of the program.

If you didn't get in on the current contest, it will be offered again begin- one of Baca's Biggest Losers. ning May 19th through August.

Cost will be \$8/month for members and \$13/month for non-members. Program will run May - August with ladies on Tuesdays, 8:30-9:30 am and men Thursdays, 8:30-9:30 am and then coed classes each Tuesday or Thursday 4:00-5:00 pm.

GET OFF THE COUCH and become



Baca Weekly Ongoing Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am	9:00am	10:00am	9:00am	9:00am
Pool Sharkettes	Cardio Combo	Chicken Foot	Cardio Combo	Intro to Tai Chi
10:30am	10:00am	10:30am	10:30am	10:00am
Sittercize	Craft Corner	Sittercize	Sittercize	Tai Chi
				Bingo
10:15 am	10:30am	12:30pm	12:30pm	
Beg. Line Dancing	Sittercize	Duplicate Bridge	Spanish for Fun	12:30pm
11:15am				Pinochle
	12:30pm	1:00pm	1:00pm	
Int. Line Dancing	Pinochle	Dominoes "42"	Bridge Fun	1:00pm
12:15pm	Texas Canasta		Canasta Club	Sing Along
Advanced			Computer Help	Hand/Foot Canasta
Line Dancing	1:00pm		Tap Dancing	
Zine Zuneing	Computer Help		Tejano Time	
1:00pm	Ballroom Dancing			
Dominoes "42"				
Duplicate Bridge	7:00pm			
Canasta	Evening Bridge			

Monthly Meetings and Activities

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Activity	<u>Dates</u>	Times		
Art Club	1st & 3rd Friday	1:00pm		
AARP - general meeting	2nd Wednesday	1:00pm		
AARP - board meeting	3rd Wednesday	1:00pm		
Bunco	1st & 3rd Tuesday	6:30pm		
Cuisine Critics	4th Wednesday	11:00am		
Garden Club	1st Monday	9:30am		
Book Discussions	2nd Tuesday	1:00pm		
Pool Sharks	Tuesdays/Thursdays	9 am-Noon		
Pool Sharkettes	Mondays	9:30-11:30am		
Pub Club	3rd Friday	5:00-11:00pm		
Baca Babes	1st Wednesday	10:30am		
Site Council	1st Thursday	9:30am		
Tejano Time	Thursdays	1:00pm		
Travel Club—June/Sept	1st Wednesday	1:00pm		
Wii Love to Bowl	4th Friday	8:30-10:00am		

Williamson Burnet County Opportunities (WBCO)

WBCO offers a well-balanced lunch Mon-Fri. at 11:45am. Registration and 24 hour advance reservation is recommended by contacting Cris at 255-4970. First timers may stop by the WBCO office. Meals are \$6.00 each for those under 60 yrs. and a suggested \$2.00 donation for those 60 and over.

Menu is available online at:

http://www.wbco.net/services meals.html

Menu is subject to change without notice.

255-4970









AARP: "AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members through information, advocacy and service." Membership in AARP is open to any person age 50 or above. You must be a member of the National Chapter to be a member of the local chapter.

Art Club: The club includes artists of all media such as oil, acrylic, pen and ink as well as watercolor. New artists welcome!

Ballroom Dancing: Come learn all the great ballroom dancing styles! Must pre-register at least 1 day in advance. Class needs 3 couples (6 participants) pre-registered to hold class.

Bingo: BINGO! Come play bingo with us. \$2.

Book Discussions: Participants discuss short readings in fiction, drama, poetry, and essays. New book reading begins July 14. Contact helensmith204@gmail.com.

Bunco: Knowledge of the game is optional but having a good time is mandatory! Please call the office to reserve a spot. Bring a finger food to share with the group. Coffee is provided. Fee covers the cost of the prizes. \$3.

Computer Help: Our computer expert will be available to answer your questions.

Computer Basics: A computer class to learn computer operation, e-mail, internet, and more. Each class is six weeks in length.

Craft Corner: Come get crafty with us! This class makes all different kinds of crafts.

Cuisine Critics: This group will visit local restaurants, write a review for the newsletter, learn new recipes, and have guest speakers.

Line Dancing: Classes offered for all levels. Members \$3, non-members \$4.

Pool Sharks: This is for the men and they meet each Tuesday and Thursday for some great times shooting pool.

Pool Sharkettes: This is a GIRLS ONLY group that will learn how to shoot pool like a professional. No experience needed!!

Pub Club: This club will be the hit of Austin as we hang out at a different pub each month. Cover and meal are on your own. \$5/month.

Red Hat Baca Babes: Join this 'dis-organiza-tion' for a fun time! Members are encouraged to wear red or pink hats and purple outfits.

Senior Cardio Combo: Low impact aerobics is floor aerobics without any jumping and is perfect for the beginner or advanced level.

Sing-A-Long: Singing popular songs from the 20th Century. Show tunes, country & pop music. Song books provided, so join us for a good time!

Sittercize: Participants perform resistance exercises in chairs with hand weights.

Spanish for Fun: Come practice Spanish with Pilar Weiss from Spain!

Tap Dancing: For a real toe tappin' time, spend your afternoon with this lively bunch and tap your way to fun and fitness. Come to dance or come to learn. \$2.

Tai Chi: A Chinese martial art and meditative movement class designed to increase your sense of balance. cardiovascular fitness and joint flexibility. Members \$3, non-members \$4.

Tejano Time: This is a self led group that will use their own music to dance authentic Tejano.

Travel Club: This group meets every other month to discuss/suggest day and extended trips.

Wii Love to Bowl: Come try out our Wii bowling game and participate in a new Wii Bowling League. No experience needed.

Allen R. Baca Site Council

The Site Council's goal is to create and foster a positive voice for the Baca Center while promoting membership and encouraging other seniors to become more active in Baca activities.

> The Site Council's next meetings are: May 6 at 9:30 am June 3 at 9:30 am

Site Council meetings are open to the public.

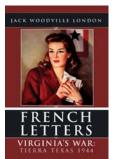
Special Events Games Night—May 29



The Baca Center will be hosting its first Games Night for Seniors on May 29, 6-9 pm. We will have ALL kinds of games for the fun at heart. Cards, bingo, bunco, Texas Hold'em, Wii bowling, etc. Beer, wine and light snacks will be provided courtesy of Advance Pain Care. Advance tickets on sale beginning April 6 - \$7, after May 17 - \$10 (member prices, non-members add \$5). **Code #12316**

Flag Day Luncheon & Speaker—Jack Woodville London

Let's celebrate the birthday of our precious American Flag on Monday, June 15, 12-2 pm with a special WBCO luncheon and author Jack Woodville London. Jack wrote the first book "Virginia's War: Tierra, Texas 1944" of his World War II historical fiction trilogy, "French Letters". London traveled extensively and developed an avid interest in history and has had articles published in several professional journals.



Jack will bring copies of his book for purchase and signing. Don't miss this special event as we pay tribute to our American Flag.



July 4th Parade at Frontier Days—July 4

Check out the Baca Center float as we celebrate July 4th in the Frontier Days Parade down Main Street. You can ride on the Fun Bus, walk with the float or just come watch the parade. If you are interested in helping us prepare the float, please give the Baca Center a call. Look for the Baca Site Council members riding on this year's float. If you would like to ride the Fun Bus you can sign up at the front desk. Don't forget to wear your patriotic outfit. **Course #13484**



Please help us welcome Donna Bethke and Robert Ray to the Baca staff. Donna and Robert are our new evening recreation leaders. Donna was a Program Specialist with the State of Texas for 30 years. She is now living in Round Rock and enjoying family and friends. Robert retired from the Army and is now pursuing a career as an EMT/firefighter.

Monthly Member Birthday Party!

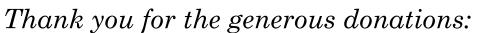
THANKS to HEB for their generous donation for our birthday cakes.

Stop by and enjoy dessert.

May 27 & June 24







Pedernales Electric

AARP—Chapter 4195

Round Rock High School for the Senior Prom & Egg Hunt



GARDEN CLUB-Monday, 9:30 am

May 4—Spring Plant Exchange June 1—Conserving Water: Guidelines for Watering Lawns and Gardens

BOOK DISCUSSIONS GROUP—Tuesday, 1:00 pm

May 12—Excerpt from "Discipline and Punishment" by Michael Foucault June 9—Short story "Interpreter or Maladres" by Jhumpa Lahiri New discussion group begins July 14—"Great Conversations 4"

ART CLUB—Friday, 1:00 pm

May 1—"Marketing Your Art" by Terri Waggoner May 15—"Painting with Crayons" by Judy Johnson June 5—"Oil Painting Portrait Demonstration" by Cliff Harrington June 19—Art Club Member Auction—Bring your donations

CHECK OUT THE LOCAL CHAPTER OF AARP!

If you are 50 years old or older, working or retired, now is the time to become a member! We deliver value to members through information, advocacy, service, fellowship & fun.

Upcoming Programs—Wednesday, 1:00 pm

May 13—Potluck with entertainment by Dr. Lina Bolding "A Musical Tribute to Mothers"

June 10—"Good Nutrition for Seniors" offered by Scott & White

AARP Driver Safety Course—Now only 1 Day



Monday, May 18, 8:30 am—12:30 pm

The course is offered every two months and drivers get a 10% discount for three years on most insurance plans.

Pre-registration at the Baca front desk is required.

Cost is \$12/\$14 to be paid to the instructor at the class.





"Is the stock market and the economy on your mind? Would you like some answers to your questions? This is not a product pushing seminar. This class is a fun and educational program going over the financial basics. It's intended for anyone who would like to increase their financial understanding. Starting with a historical perspective and building to today".

Thursdays in Computer Lab May 14-June 11 #13453 June 18-July 16 #13454 9:30 am Free w/current membership Please pre-register at Baca front desk.

Guitar Lessons

Do you have an acoustic guitar that you have always wanted to learn how to play? This beginning guitar class will include the basics to begin your guitar-playing journey. We will study notes on the guitar, basic chords and technique. Also included will be learning to read chord charts and tabulature. Instructor has many years of teaching experience and would like to share it with others.

Wednesdays in TV room
May 6-June 10, 2009
9:00 am-10:30 am Previous Students #13476
10:30 am-12:00 pm Beginners #13477
Fee: \$10/members

Self Discovery

What you don't know about your self but should is going to be a 6 week series for a small group of like minded individuals who will explore the alternatives. There will be six interactive classes covering Aromatherapy, Reflexology, Color Therapy, Indian Head Massage, Auricular Therapy and Nutrition.

Mondays May 4-June 15 #13483 9:30-10:45 am in the TV Room Fee: \$15/members

Un Baile Tejano

Un dia de semana In the afternoon A group of senior citizens Dance to lively tunes. The music is Mexican Tejano if you will Mostly fast and loud The ladies can't sit still. There's more ladies than men And some of us are gringos Trying to keep up Tho' we don't speak the lingo. No matter, it's the beat That makes the happy feet Come on all you vatos Put on your zapatos! By Eugene Faires (written for the Tejano Dance Group)



Baca's World Traveler

Do you travel with the Baca Center? Sign up to get your travel passport and be sure to get your passport stamped each trip you take with the Baca Center. The person that has taken the most Baca trips and gotten their passport stamped by the end of November will win a prize at the December 2nd Travel Club Meeting.





Baca Cuisine Critics





La Cocina

602 McNeil Road 512-716-1703

The Baca Center Cuisine Critics recently ventured out to La Cocina Restaurant. Evaluation forms indicated that all Baca Critics were delighted with the atmosphere, service, and food. They had their own special green sauce that was fiery and delicious. Some noted that the menu could be a bit more descriptive and that one dish, the Chili Relleno, while delicious, would have benefited from more spices. Nevertheless, the Baca Cuisine Critics gave highest or next to highest grades in all categories and there was unanimous agreement that they would recommend this restaurant to others. La Cocina is owned by its chef, Ismael Diaz, who provides a selection of reasonably priced both Mexican and Italian dishes. The restaurant is open Mondays from 11 am-9 pm; Tuesdays through Saturdays from 8 am to 9 pm; and Sunday from 8 am to 2 pm.

Gino's Italian Restaurant

1701 South Mays St. 512-218-9922

The Baca Center Cuisine Critics gave the highest marks to Gino's for their great Italian-American food and ambiance. The group received a personal visit by Gino's daughter to discuss their menu options and daily specials. The group agreed that the value was great for the money. Many of the group frequent the restaurant for lunch and dinner on a regular basis.

The restaurant opened in Round Rock in 1993 by Gino and his family. Gino prepares the sauce every morning with the freshest ingredients to ensure his sauce is perfect. Gino's nephew Emanuele makes the dough and bread fresh daily. The Minardi family welcomes you to enjoy their proud heritage Monday-Saturday 11 am-3 pm and 5-10 pm. Check out their web specials at: www.ginosroundrock.net.

Trips, Trips, Trips

If you like to see new things, museums, plays, movies, restaurants, parks, concerts then vou'll want to travel with the Baca Center.

ALL trips in the newsletter will be available for registration on the first business day of the newsletter month (i.e. May/June newsletter is May 1, July/ Aug. newsletter is July 1, etc.). Payment is due at time of registration. Members may register one additional person per trip at time of registration. Non-member guests please add \$5 to the cost of each trip. Times and events

are subject to change. Return time is an estimated time of return, it depends on traffic, event wrap up, and any travel delays. Day trippers should check in with the bus driver for exact departure and arrival times. If a member has a medical condition and must pre-board on the bus, a doctor's note must be on file with the staff. ALL participants MUST have an emergency medical form on file prior to each trip. Parking for an extended or overnight trip is on the lower level of the parking garage.

Participants in wheelchairs

that are unable to use the restroom or participate on their own will need to bring along a companion and all fees apply. You will also need to tell the Baca staff of your condition when you register so proper arrangements can be made for use of the lift. DON'T FORGET YOUR BACA

PASSPORT!



OYO = On Your Own Please Check in with the driver before each trip. Payment is required at time of sign up.

TRIP CANCELLATION POLICY

In the event of a cancellation, a CREDIT for the amount of the trip will be added to your account **ONLY** IF:

- 1) The Allen R. Baca Center cancels the trip.
- 2) A substitution has been made from the waiting list to fill your spot.
 - A) If no substitution can be made and the request is made 14 calendar days or less from the start date of the trip, all fees are forfeited.
 - B) If no substitution can be made and the request is made 15 calendar days or more from the start date of the trip, a credit for the amount of the trip will be applied to your account or you will be assessed a \$25 processing fee for a refund.

A \$25 processing will be applied for cancellations of Baca transportation provided overnight trips.

Trips sponsored by outside travel companies will be subject to policies of the travel company.

ONLINE REGISTRATION

Online registration is a great way to sign up for trips without the hassle of waiting in line!

Visit www.roundrockrecreation.com for online sign up.

ALL REGISTRATION FOR MAY AND JUNE TRIPS WILL BEGIN APRIL 27, 2009 AT 8:00 AM

Sunday, May 3

Depart: 11:00 am Return: 6:00 pm

Cost: \$21 (Meal OYO)

TEMPLE AIR SHOW

There will be planes for viewing and a great air show. Bring your lawn chair, sunscreen and water bottle. Ticket included in price. www.centraltexasairshow.com

Course #13456

Friday, May 8

Depart: 8:00 am Return: 3:00 pm

Cost \$18 (Meal OYO)

HISTORIC HOMES & BAYLOR BEAR HABITAT

Come tour 2 of Waco's famous historic homes and visit the Baylor

Bear's habitat. Ticket for home tours included.

www.wacocvb.com Course #12892

Monday, May 11

Depart: 10:00 am Return: 3:00 pm

Cost: \$6 (Meal OYO)

LAKEWAY SHOPPING & IGUANA GRILL

There are plenty of places to shop and visit while traveling through Lakeway. We will eat at the Iguana Grill on the way home.

www.iguanagrillaustin.com

www.lakeway.com Course #13457

Wednesday, May 13

Depart: 8:00 am Return: 4:00 pm

Cost: \$14 (Meal OYO)

ANTIQUE ROSE EMPORIUM & BLUE BELL CREAMERY

Stroll through beautiful pathways of roses and then tour and taste some Blue Bell ice cream. Lunch will be at Purcell's. Ticket to creamery is included in price.

www.antiqueroseemporium.com www.bluebell.com

Course #13458

Friday, May 15

Depart: 5:00 pm Return: 11:00 pm

Cost: \$5 (Meal OYO)

PUB CLUB GOES TO WALBURG BIERGARTEN

Dinner, dancing and live music at the Walburg Biergarten. Wear

your dancing shoes. There is NO cover charge.

www.walburgrestaurant.net

Sunday, May 17

Depart: 5:30 pm Return: 10:00 pm

Cost: \$14

LONESTAR ROLLERGIRLS

Come watch the Rollergirls dual it out on a banked-track. There will be food/refreshments available and live music. This will be a

trip that everyone will be talking about.

www.txrd.com Course #13459

Tuesday, May 19

Depart: 8:00 am Return: 4:00 pm

Cost: \$17 (Meal OYO)

SAN ANTONIO BOTANICAL GARDENS

Come see the beautiful gardens and conservatory, eat lunch at the

Carriage House Bistro and visit the gift shop.

www.sabot.org **Course #13460**

Thursday, May 21

Depart: 7:30 pm Return: 10:00 pm

Cost: \$14

SAM BASS THEATRE—SORDID LIVES

They will be performing Sordid Lives which is a hilarious tale of loss, love and white trash etiquette in a small Texas town.

www.sambasstheatre.org

Course #13461

Course #12951

Wednesday, May 27

Depart: 8:00 am Return: 5:00 pm Cost: \$17 + \$2 cash

(Meal OYO)

PAINTED CHURCH TOUR IN SCHULENBURG

Come get a special tour of Schulenburg and some of the gorgeous historic churches. Each participant will need to bring \$2 cash to tip

the tour guide. We will eat lunch at Frank's Restaurant. www.schulenburgchurches.org Course #13462

Sunday, May 31

Depart: 6:00 pm Return: 10:00 pm

Cost: \$5 (Meal OYO)

OASIS—THE BREW

Learn how to salsa dance and watch the sunset with live entertainment from The Brew. No cover charge.

www.oasis-austin.com

Course #13474

Tuesday, June 2

Depart: 3:00 pm Return: 7:00 pm

Cost: \$10 (Meal OYO)

HOOVER'S RESTAURANT AND UT TOWER

Hoovers Restaurant is famous for their home cooking. We will eat

and then get a tour of the top of UT Tower.

www.hooverscooking.com

Course #13466

Thursday, June 4

Depart: 7:00 pm Return: 10:00 pm

Cost: \$25

ESTERS FOLLIES

This is a hysterical comedy with singing, magic, great performer and a great 6th Street atmosphere. The show changes every six months so if you went last time it will be a whole new show.

www.esthersfollies.com

Course #13463

Tuesday, June 9

Depart: 10:00 am Return: 2:00 pm Cost: \$5 (Meal OYO)

WHOLE FOODS MARKET DOWNTOWN AND LUNCH

Whole Foods has organic and unique brands of foods. We will eat lunch at the cafe and check out the rooftop.

www.wholefoodsmarket.com Course #13464

Wednesday, June 10

Depart: 9:00 am Return: 1:00 pm Cost: \$5 (Meal OYO)

IT'S ABOUT THYME GARDEN CENTER & LUNCH

This is one of Texas's top nurseries and garden centers in Austin. You can buy plants, get information on landscaping and get a special tour of their facility. Lunch on the way back.

www.itsaboutthyme.com Course #13465

Thursday, June 11

Depart: 10:00 am Return: 1:00 pm

Cost: \$4

MICHAEL ANGELO'S

Learn the history of Michael Angelo's and get a tour of the plant. Snacks and slide show provided.

www.michaelangelos.com Course #13467

Saturday, June 13

Depart: 10:00 am Return: 4:00 pm Cost: \$10 (Meal OYO)

VINEYARD OLD WORLD STONE CARVING & ART SHOW

The Vineyard in Florence is 30 acres of beauty and grapes. There will be stone carvers creating beautiful works of art. Art Show features Russell Art and many other artists. Vendors with food/re-

freshments will be available.

www.thevineyardatflorence.com Course #13468

Tuesday, June 16

Depart: 10:00 am Return: 3:00 pm Cost: \$9 (Meal OYO)

BENINI GALLERIES AND SCULPTURES

You will be amazed at the beautiful sculptures that encompass this 130 acre ranch in Johnson City. We will drive through the ranch and tour their studio. We will eat lunch prior to returning. www.sculptureranch.com Course #13472

Friday, June 19

Depart: 5:00 pm Return: 11:00 pm Cost \$5 (Meal OYO)

PUB CLUB GOES TO TAYLOR SPJST

Lets go dancing at the Taylor SPJST Hall. We will have more information later as to the music.

Course #12904

Extended Trip—Alaskan Cruising

Sail the Inside Passage to Alaska Sept. 6-13, 2009

Enjoy the majestic scenery of the inside passage of Alaska for 7 nights aboard the Star Princess.

Non-Ocean View—\$1588/double occupancy

Ocean View—\$1738/double occupancy

Price includes round-trip airfare to Seattle, cruise and taxes.

\$100 fully refundable deposit (before June 9, 2009) due at time of booking.

To reserve your spot, please contact Sally Fisher in Round Rock at 255-6690



Sunday, June 21

Depart: 10:30 am Return: 2:00 pm Cost: \$5 (Meal OYO)

NUTTY BROWN CAFÉ BRUNCH

Fabulous Sunday brunch buffet. There will be live entertainment and a great brunch.

www.nuttybrown.com

Course #13470

Monday, June 22

Depart: 4:30 pm Return: 7:30 pm Cost: \$5 (Meal OYO)

STEINER RANCH STEAKHOUSE

They have great steaks cooked just the way you like them and down home hospitality while overlooking the beautiful Lake Travis and Texas Hill Country.

www.steinersteakhouse.com

Course #13469

Saturday, June 27

Depart: 12:00 pm Return: 10:00 pm Cost: \$27 (Meal OYO)

SINGIN' IN THE RAIN AT PLAZA THEATRE

You are sure to enjoy this old time musical put on by the Plaza Theatre in Cleburne. We will stop and eat dinner after the show. www.plaza-theatre.com

Course #13471



Allen R. Baca Center 301 W. Bagdad, Bldg 2 Round Rock, TX 78664 512.218.5499 512.218.3231 fax

Hours of Operation

Monday-Thursday 8:00am-6:30pm Friday 8:00am-4:00pm Saturday 8:00am-12:00pm

WBCO Lunch Reservation Phone: 512.255.4970

Baca Center Holidays:
May 25—Memorial Day
July 3 & July 4 in
celebration of July 4th



www.roundrocktexas.gov www.bacacenter.com

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